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FOUNDATION

Helping Seniors, Veterans and People with Disabilities

It all began with Anna... and Mary Poppins.

It was 1965 when we were inspired by the touching story of a young girl named Anna who was unable to attend a local theater showing of Mary Poppins with the other children because she was in a wheelchair. From this inspiration was born United Cerebral Palsy of Lancaster County. In 2000, we became United Disabilities Services (UDS) - a new name to reflect our greatly expanded capabilities.

UDS Foundation is a non-profit organization based in Lancaster, PA, committed to helping seniors, veterans and people with disabilities, lead more independent and fulfilling lives. In our over 50 years, we've developed a wide variety of services and programs that improve quality of life and expand boundaries - including Accessible Home Modifications, Care Management, Service Dogs, Custom Wheelchair Seating and more.

Today, over 350 caring, dedicated employees proudly serve people with disabilities in 40 counties throughout Pennsylvania. Last year alone, we provided services to over 6,000 clients, enabling them to live more happily, more independently, and in control of the decisions that affect their lives.

UDS offers a wide array of services unique to each participant's needs. Whether a short-term recovery or a long-term relationship, UDS is an expert partner and advocate for community members.

Discover how UDS can help...

ENRICHMENT & LIFE SKILLS

- Adult Enrichment
- Employment Services
- Transition School
- Challenger Football and Cheerleading

PERSONAL CARE & INDEPENDENCE

- In-Home Personal Care
- Accessible Home Modifications
- Mobility and Rehab Equipment
- Custom Wheelchair Seating
- Service Dogs

PLANNING & SUPPORT

- Care Management
- Adult Autism Care Management
- Resource Center



ENRICHMENT & LIFE SKILLS

ENRICHMENT & SUPPORT



Adult Enrichment

We don't just provide day programming; we provide community involvement and lifelong friendships

Participating in the community helps people learn, grow and share experiences. Adult Enrichment provides an active life skills day program that helps adults with physical and other disabilities find focus, use their gifts and talents, and enrich their lives. Our goal is to enhance our participants' self-esteem, confidence, independence, decision-making skills, social interaction and personal growth.

Adult Enrichment is located at:

1325 Elm Avenue
Lancaster, PA 17603

Adult Enrichment is a division of UDS Foundation



ENRICHMENT & SUPPORT



Employment Services



We don't just provide employment; we provide a starting point for new beginnings

Often the most reliable and motivated employees are overlooked because they have a disability. Employers find that hiring people with disabilities is not only the right thing to do, but it is also smart business.

We make the road to fulfilling employment easy

From vocational assessment to job development and maintenance, UDS employment counselors work one-on-one with individuals through all phases of the employment process. We work with all disabilities and all age ranges. Many people are referred to us by the Office of Vocational Rehabilitation. UDS also partners with private individuals on customized programs.

This program is available in Lancaster County, PA.

ENRICHMENT & SUPPORT



Transition School



We don't just provide a classroom setting; we provide a warm and compassionate place for learning

For some high school students with disabilities, preparing for life after graduation is essential. An enriched and successful future is filled with meeting new challenges, like employment, independent living, and social adjustment. UDS provides the guidance and mentorship for students to not only flourish but to often achieve their dreams.

We prepare the way to success

Our goal is to help junior and senior high school students transition into the next part of their lives. The classes are kept small, and everything is confidential. We give students a safe place to discuss things they can't always discuss in school. We address real life issues as they occur such as self management, financial management, vocational and community orientation. We provide the tools to help students make a positive transition from high school to employment or college, and become successful adults.

This program is available in Lancaster County, PA.

ENRICHMENT & SUPPORT



Challenger Football and Cheerleading



We don't just provide a league; we provide the thrill of victory

Gridiron stuff isn't for everybody. But the UDS Challenger Football and Cheerleading League (CFCL) sure is. CFCL is the ultimate team sport - an exciting, energizing, and heartwarming opportunity for young people ages 8 to 21 with physical and/or developmental disabilities in Lancaster County, PA. Watch as players and cheerleaders take the field to play passionately in front of cheering fans. The enriching season begins early August through October, with games played every Saturday.

It's how you play the game

CFCL teaches football fundamentals and cheerleading basics, so everyone plays from the same playbook. Participants experience the rewards of working together, cheering together, and encouraging together. Every player participates to their level of achievement, and everyone gets their time to shine – a big play, a touchdown, or a cheer just for them. Everybody scores. Everybody wins.

ENRICHMENT & SUPPORT

PERSONAL CARE & INDEPENDENCE

PERSONAL CARE & INDEPENDENCE



Independent Living Services



We don't just provide personal care; we provide self-respect and compassion

Independent Living Services has more than 30 years of experience providing personal care services. We offer a wide range of in-home, non-medical personal care and living assistance services to seniors and individuals with disabilities. Our trustworthy and compassionate caregivers offer services that include, but are not limited to:

- Companionship
- Medication reminders
- Meal preparation
- Bathing
- Errands
- Light housekeeping
- Hygiene & grooming
- Escort to appointments
- Assisting with transfers
- Respite care for family

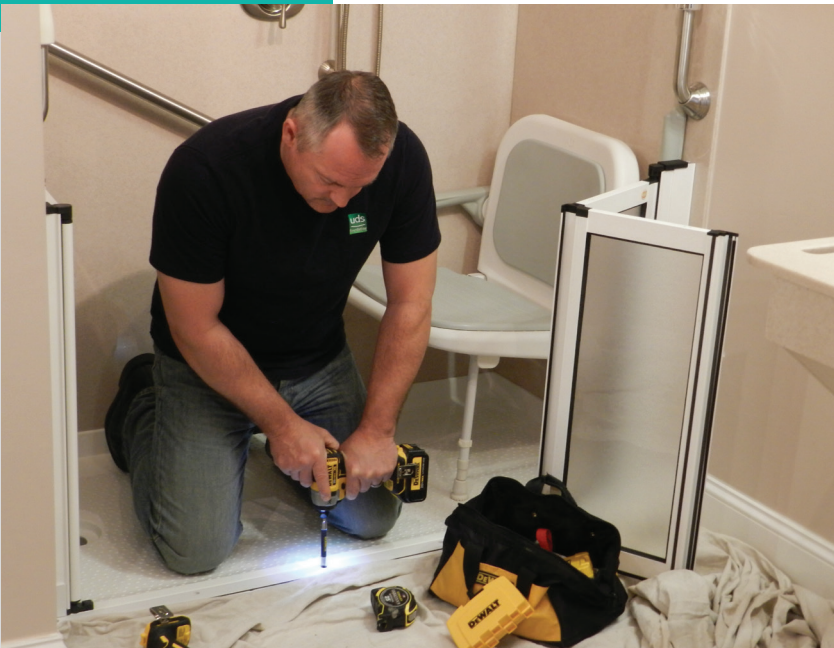
We also provide support services, personal care and continuous care to individuals in retirement homes, assisted living facilities and skilled nursing facilities. Our goal is to provide quality services in the home and community that enhance participants' independence and enrich lives.

Independent Living Services is a division of UDS Foundation.

PERSONAL CARE & INDEPENDENCE



Accessible Home Modifications



We don't just provide home modifications; we provide freedom to live

Our modification experts evaluate needs, provide smart solutions and supervise every aspect of modification. We provide all the consulting, design, construction services and products that are needed to make a home more accessible and convenient, including:

- Individualized ramps
- Door/hallway widening
- Stair Lifts
- Porch Lifts
- Ceiling Track Lifts
- Accessible bathrooms
- Bedroom and bathroom additions
- Automatic door openers and door widening
- Low-pile carpet/smooth flooring
- Lighting
- Emergency exits

PERSONAL CARE & INDEPENDENCE



Mobility and Rehab Equipment



We don't just provide mobility equipment; we provide quality of life

UDS specializes in providing state of the art mobility and rehab equipment including complex rehab, power, manual and manual tilt-in-space wheelchairs and other equipment designed to allow the user a high level of independence. Our Assistive Technology Professional (ATP) assists in selection of appropriate mobility equipment for the needs of the client.

We work primarily with clients at care facilities who are eligible for the PA Medicaid Waiver, Community HealthChoices and individuals paying privately. We work with the care facility rehab staff to ensure that the client's current limitations are fully evaluated and customize equipment specific to their needs allowing for greater independence.

When needed, the UDS Mobility and Rehab team works in collaboration with the UDS Custom Wheelchair Seating team who are experts in creating individually sculpted seating systems. These customized systems provide greater comfort and enable individuals to safely navigate their equipment leading to a better quality of life.

PERSONAL CARE & INDEPENDENCE



Custom Wheelchair Seating



We don't just provide wheelchair seating; we provide comfort

Our experienced and skilled technicians and Assistive Technology Professionals (ATP), make UDS Custom Wheelchair Seating the leading resource for therapists, individuals, families, and caregivers throughout the Central Pennsylvania region. Our process captures the exact curvature of the spine to form seating unique to each individual. Molded seating systems provide many health and functional benefits, including decreasing the risk of pressure sores, enabling proper breathing and swallowing and helping our clients maintain an upright posture.

We provide additional comfort tools

Our seating systems fit on any manual or power wheelchair for children or adults. We fabricate many other positioning components such as trays, footboxes, hip belts and headrests. We also provide pressure mapping technology. Our goal is to ensure optimum comfort and functionality for each individual.

PERSONAL CARE & INDEPENDENCE



Service Dogs



We don't just provide service dogs; we provide independence

Born to love. Trained to serve. Everyday life can be difficult and lonely for some people with disabilities. UDS Service Dogs are trained from pups for over two years by a team of dedicated volunteers and professionals to help people who have a mobility disability and children who have Autism live fuller lives. We also have dogs who work in schools and therapist offices that are specially trained in stress relief techniques to give comfort and refocus to individuals during times of stress.

Trained to obey and assist, these loving dogs help with daily tasks such as opening and closing doors, turning lights on and off, picking something up off the floor, balance, retrieving and delivering—even getting something out of the refrigerator. But beyond helping to perform basic tasks, these remarkable dogs become affectionate friends.



PERSONAL CARE & INDEPENDENCE

PLANNING & SUPPORT

PLANNING & SUPPORT



Care Management



We don't just provide care management; we provide peace of mind

Our Care Coordinators are all about taking care of their participants with knowledge, experience and understanding. UDS provides individualized services based on each participant's personal needs promoting health, safety and independence allowing individuals to remain living in their homes and communities.

Our services help to increase quality of life by partnering with a Care Coordinator to assess, plan, coordinate and manage all aspects of a Person Centered Service Plan. Our Care Coordinators will help to integrate physical health, behavioral health and long term services for successful and independent living.

We have high standards of quality

UDS Care Management has been accredited by the National Committee for Quality Assurance (NCQA).





Adult Autism Care Management



We don't just provide Autism Care Management; we provide connections for inclusion

UDS has Care Coordinators with specialized training in working with adults with Autism. We provide support services to individuals who participate in the Pennsylvania Adult Autism Waiver. Our Care Coordinators help develop an individualized care plan to allow participants to live an active life in the community.

We support adults with Autism in the community

We can connect participants to community resources such as reliable, supported employment, home/vehicle modifications and skill building designed to make life easier. We will guide participants progress for as long as they desire. Care plans will be specific to individual needs and we will continually monitor the plan to ensure individuals receive the services and supports needed to maximize their potential.

PLANNING & SUPPORT



Resource Center



We don't just provide resources; we provide hope

The UDS Resource Center is your one-stop shop to help locate the services and supports you or your loved one need to live independently. We can connect you to services such as in-home personal care, accessible home modifications, care management, custom wheelchair seating, adult day programs and service dogs. We also assist with other community resources such as financial assistance opportunities, transportation, housing and other frequently asked questions.

We have answers

Don't know what you need or where to turn? Give us a call today. Our assistance extends far beyond the services UDS provides. Let our Customer Care Representatives help you research options that best meet your unique situation.

"They spent more than an hour with me on the telephone. That was the first time I realized that I was not alone." - Dean

PLANNING & SUPPORT

Contact Us!



888-837-4235



ResourceCenter@udservices.org



www.udservices.org

Follow Us!

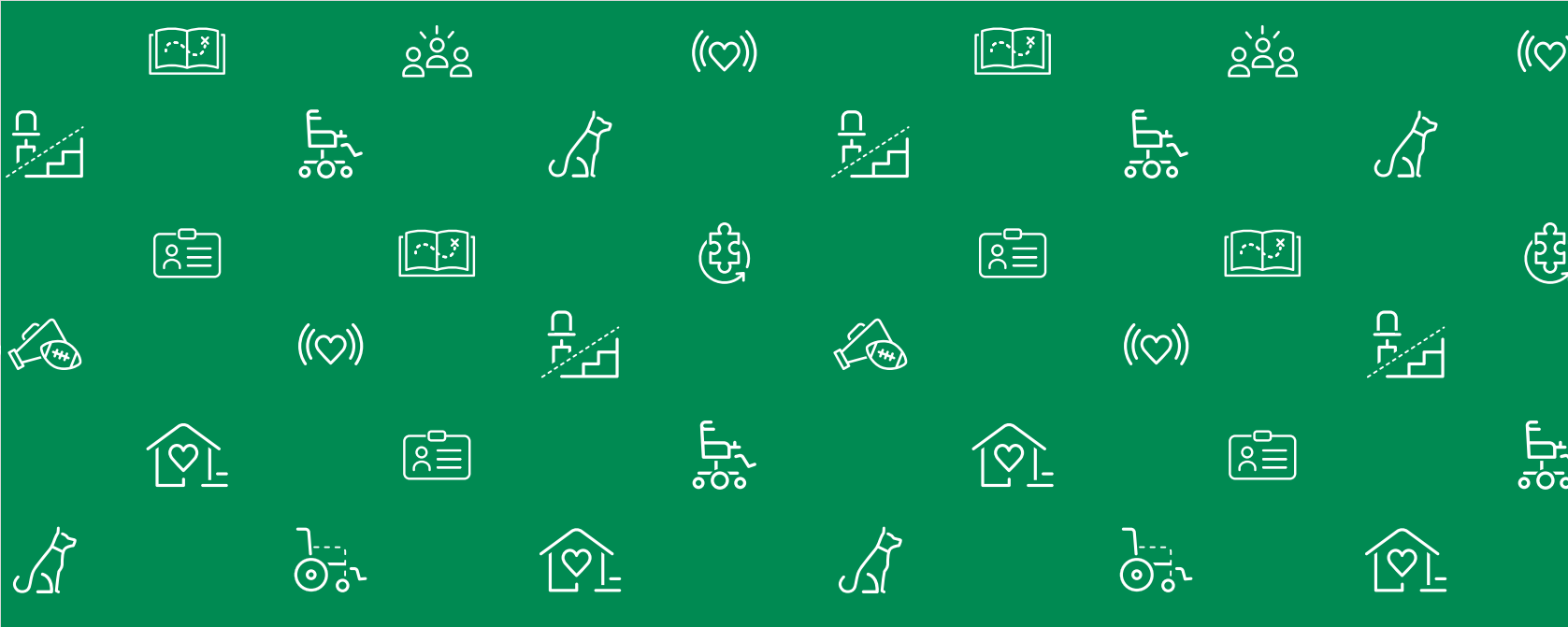


- United Disabilities Services Foundation
- Independent Living Services - Accessing Independence
- Adult Enrichment Lancaster
- UDS Challenger Flag Football and Cheerleading



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UDS Foundation

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